

THREE MEALS A DAY

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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

SIDNEY SNOW will be glad to answer any questions on food

Menu Of The Week

- MONDAY** Breakfast—Chilled grapefruit, ready to eat cereal, sausages, scrambled eggs, plain waffles, coffee or cocoa. Lunch—Casserole of kidney beans and corn, sliced tomatoes, water ice, frosted cup cakes, tea or milk. Dinner—Cream of carrot soup, rolled roast beef, parsley potatoes, creamed cauliflower, refrigerator rolls, angel cake, coffee.
- TUESDAY** Breakfast—Chilled grapes, ready to eat cereal, French omelet, hot muffins, jelly or jam, coffee or cocoa. Lunch—Cooked vegetable salad, cheese biscuits, vanilla milk shake, assorted cookies, fruit cup, tea or milk. Dinner—Tomato juice cocktail, meat pie, sautéed potatoes, buttered peas, hearts of lettuce with French dressing, orange and lemon sherbert, coffee or beer.
- WEDNESDAY** Breakfast—Sliced oranges, hot wheat cereal with cream, poached eggs on toast, broiled bacon, coffee or cocoa. Lunch—Stuffed peppers, frozen fruit salad, baked custard, lady fingers, tea or milk. Dinner—Meat loaf with rice, baked stuffed tomatoes, cucumber salad, chocolate pudding with whipped cream, coffee.
- THURSDAY** Breakfast—Stewed prunes, fried mush with maple syrup, baked eggs, toast, marmalade, coffee or cocoa. Lunch—Spinach and egg en casserole, deviled ham sandwiches, cole slaw, baked apples with custard sauce, tea or milk. Dinner—Fruit cup, baked macaroni and ham, tomato jelly salad, string beans, pecan pie, coffee or beer.
- FRIDAY** Breakfast—Stewed apricots, ready to eat cereal, French toast, maple syrup, coffee or cocoa. Lunch—Cheese fritters with tomato sauce, baking powder biscuits, molded spinach salad, chocolate Blanc Manger, tea or milk. Dinner—Jellied bouillon, salmon souffle, creamed cabbage, hard rolls, mixed salad, Charlotte russe, coffee.
- SATURDAY** Breakfast—Bananas with ready to eat cereal, creamed chipped beef, muffins, coffee or cocoa. Lunch—Lobster croquettes, creamed peas, dressed lettuce, home made ice cream, cookies, tea or milk. Dinner—Cream of corn soup, chartrouise of meat with rice and tomato sauce, lima beans, individual molded salads, caramel ice cream, cake, coffee.
- SUNDAY** Breakfast—Mixed fruit juices, ready to eat cereal, sausages with buckwheat cakes, coffee or cocoa. Dinner—Jellied mushroom soup, baked Virginia ham, spiced apples, mashed potatoes, molded spinach, stuffed celery salad, assorted pickles, pyramid cream, assorted cakes, coffee. Supper—Russian canapes, stuffed tomatoes in aspic, celery hearts, cheese biscuits, chilled melon, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Write care of this paper.

HOT OFF THE GRIDDLE

SUSAN SNOW

When the evenings begin to get cooler and one's thoughts turn to coffee and cake, try gingerbread, covered while hot with maple butter, then add a layer of whipped cream with bits of preserved ginger. Serve hot.

When trying to remove fruit juices from clothing remember these things: Soap sets some stains and should not be used until the stain has been removed. For washable materials, stretch the material over a bowl and pour boiling water through the stain from a height of two or three feet. If the stain remains, bleach by moistening with lemon juice and placing in the sun, or use Javelle water. For non-washable materials, sponge with warm water, then with hydrogen peroxide made slightly alkaline with ammonia water. If the material is colored, sponge with a 10 per cent solution of acetic acid. Javelle water should not be used for silk or wool and should not be used on colored fabrics without first testing on an inconspicuous place. Rinse bleach from fabrics.

The matter of serving hot foods hot and cold foods happens to be one of these fundamental rules which no woman who aspires to be a good housekeeper can make light of. It just

has to be done, however it is accomplished.

Unless an electric toaster is placed on the breakfast table, toast or in a basket which has been lined with a fresh napkin large enough to fold over the contents and keep them warm.

Housewives are sometimes heard to question the apparent increase in the price per pound of the boneless cuts of meat. It is well to call attention to the fact that there has been no increase in the price per pound of meat itself; that the additional weight of the bones is responsible for a lower average selling price per pound.

The temperature used during deep fat frying plays an important part in the amount of fat absorbed by the fried product. One should use a fat thermometer and heat to the correct temperature for the best results. A moderately deep fryer kettle and a thermometer to prevent overheating will aid in increasing the "frying life" of the lard.

To bone a fish—first clean and skin it. Start from the tail and run a sharp knife under the flesh, close to the backbone, the entire length of the fish. Remove the flesh from the other side in the same way. Take out any small bones left near the shoulder of the fish.

When selecting a young fowl, remember that the flesh of a young fowl

is smooth. The claws are usually light yellow in color and are smooth, limber and soft. The cartilage at the end of the breast bone should bend easily. This indicates a young fowl. The breast should be plump, yet firm when pinched between the fingers. Fowl should be plump, but not overly fat. An exceptionally large amount of fat at the crop indicates large internal organs. These increase the waste weight and therefore are poor purchases.

To keep the juices in pies—take a strip of cloth about three inches wide wet in cold water and put around the edge of the plate. Then put pieces of macaroni into two or three of the slits in the crust. The juices will bubble up into these and return to the pie as it cools. Remove macaroni after pie is removed from the oven.

Vegetable cutters may be purchased in sets. With them, beets, carrots, peppers and such may be made into fancy shapes—artistic garnishes for salads and cold dishes.

If the salad is to be a separate course at a luncheon or dinner, choose one which is not too heavy to go with the rest of the meal. Every thing pertaining to the former should be removed from the table before the salad is served. Then place the individual salad plate directly in front of each person. Salads made of acid fruits or light vegetables, as well as the plain greens, are appropriate to serve in this way. Use the lighter, slightly acid dressings whenever a heavy meat course has preceded the salad course. Mayonnaise is too rich to accompany a hearty meal.

In soups and in sauces salt should be added the first thing. The reason is obvious. It requires long cooking to get the blend. All seasonings in this type of thing should be added to get the blend. All seasonings in early in the making but salt first.

Try Varying String Beans With Canned Tomatoes

How many times have we gone into the vegetable market for the evening vegetable and seen nothing that appeals to us? Just ever so often! It seems that everything they have in the market, we've had recently and are afraid the family might tire of it. The next time this happens buy some string beans, even if you served them only yesterday and vary them this way—the family will really be pleased.

- STRING BEANS WITH TOMATOES**
 1 quart string beans
 1 cup strained tomatoes
 2 tablespoons butter or fat
 1 teaspoon salt
 1 teaspoon sugar
 ¼ teaspoon pepper
 2 tablespoons flour
 Cut off both ends of the beans.

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string them carefully and break into pieces, about 1 inch in length and cook in boiling, salted water, until tender. Reduce the liquor to about ½ cup. Heat the butter, add the flour and seasonings and add the strained tomatoes; cook until smooth and pour this sauce over the beans; let cook slowly for about 15 minutes and serve hot.

Carrots Presented In Combination With Eggs

When delving into the "whys" and "wherefores" of carrots on a recent brainstorm, I was amused to note that that little fuzzy topped field vegetable of the parsley family was really worthy of special note.

Since the days when I was to be "seen and not heard" there have always been carrots on the table and I ate them as a matter of course, so I would have rosy cheeks and curly hair. To me, they grew and were eaten in stews, boiled or sautéed. That was the beginning and end of a carrot.

Therefore, due to the hard work of a carrot, it is only fitting that it should be presented in a more uncommon manner as follows:

CARROT SOUFFLE
 Select young carrots and clean without scraping. Cut in slices, boil in salted water until tender, drain, mash through a fine sieve. Return to fire, slowly evaporate the moisture; finish with a piece of butter and sweet cream. Season with salt and pepper. Separate the required number of fresh eggs (one to a portion), beat the yolks and mix with the mashed carrots; whip the whites to a stiff froth, stir gently into the yolk mixture. Put into a pan and bake in a slow oven until it becomes a rich golden color. Serve immediately.

Bavarian Cream Pudding

Whether there will be company for dinner or not, the family will think it a special treat when mother places such a dessert as this before the surprised and pleased members of the family.

- BAVARIAN CREAM PUDDING**
 1 tablespoon gelatin
 ¼ cup cold water
 5 eggs yolks
 ½ cup powdered sugar
 ½ cup hot milk
 1 cup cream, whipped
 1 tablespoon vanilla
 12 lady fingers

Soften the gelatin in the water for a few minutes. Stir yolks and sugar with wheel beater until very light; add milk and soften gelatin. Cook in a double boiler until the mixture coats the spoon, stirring constantly; let cool, add vanilla and fold in the cream, whipped stiff. Turn into a mold lined with lady fingers and let stand for several hours to chill. Serve with a fresh fruit or chocolate or canned sauce.

Grapefruit Jelly Rings

- 1½ cups grapefruit juice
 ½ cup orange juice
 ½ cup lemon juice
 2½ tablespoons gelatin
 1½ cups sugar
 ½ cup cold water
 1 cup hot water

Soak the gelatin in the cold water for five minutes. Boil the sugar and hot water for three minutes or until clear, pour over the soaked gelatin, and stir until dissolved. Let cool, then add the grapefruit, orange and lemon juice, a few grains of salt and pour in to a ring or any desired mold. Set aside in a cool place for several hours to harden.

Mock Crab On Toast

There are few families who do not have anchovy paste at all times. It's just one of those things that comes in handy at the most unexpected times, because there are so many things to be done with it. Take for example, comes Sunday night and someone unexpected drops in. Being good hostesses we always want to serve a little something to eat, so try

- MOCK CRAB ON TOAST**
 2 tablespoons butter
 ½ pound cheese
 1 tablespoon anchovy paste
 ½ cup cream
 ½ teaspoon dry mustard
 1-16 teaspoon cayenne
 2 egg yolks

Melt the butter in the blazer (over hot water pan), add cheese, anchovy seasoning. Then stir the yolks in the cream and add to the mixture, stirring constantly; when smooth serve on buttered toast.

The corner delicatessen can furnish you with all these ingredients should you happen to be out of them.

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DINING ABROAD AT HOME

COUNT-BOUILLON DE POISSON

When we think of the French, we usually think of two things—their cooking and their gaiety, and the two are very closely related as its pretty hard to imagine a well-fed grouch. Keeping this in mind we can always serve our men-folk grand dishes to keep them in good humor—but taking a French dish as an example of what to serve—

COURT-BOUILLON DE POISSON

(Short-boiled Fish)

- 2 tablespoons butter
 1-3 cup diced celery
 1-3 cup diced carrots
 2 sprigs parsley, chopped
 1-3 cup minced onions
 1 tablespoon salt
 6 peppercorns
 2 cloves
 ½ bay leaf
 2 tablespoons lime or lemon juice
 8 cups water
 3 pounds fish, cut in ¼ pound pieces

Melt the butter; add celery, carrots, parsley and onions, and cook about 5 minutes. Add remaining ingredients with exception of the fish and allow to come to the boiling point. Add the fish which has been cleaned and cut into pieces and boil 5 minutes. Reduce heat to simmering point and cook until fish is tender, allowing about 6 minutes per pound. When fish is cooked, remove to hot platter and serve with any desired sauce.

ETIQUETTE
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Notice To Creditors
FOR REAL ESTATE ONLY
 This is to Give Notice, That the subscriber has obtained from the Orphans' Court of Kent County Ancillary letters of Administration on the estate of
LULA E. SMITH
 late of said county, deceased. All persons having claims against said deceased are hereby warned to file said Court their claim against said decedent, with the vouchers thereof legally authenticated, on or before the 30th day of January, 1939; they may otherwise by law, be excluded from all benefit of said estate. All persons indebted to said estate are requested to make immediate payment.
 Given under my hand this 26th day of July, 1938.
R. HYNSON ROGERS, Ancillary Administrator C. T. A.

Notice To Creditors
 NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of
MARION A. DIXON
 late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 16th day of January, 1939, otherwise they may by law be excluded from all benefit of said deceased's personal estate.
 All persons indebted to this estate must settle at once.
 Given under my hand this 12th day of July, 1938.
JAMES T. DIXON, JR., Administrator
 T. Ringgold Jones, Register of Wills.

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